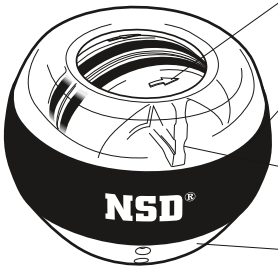
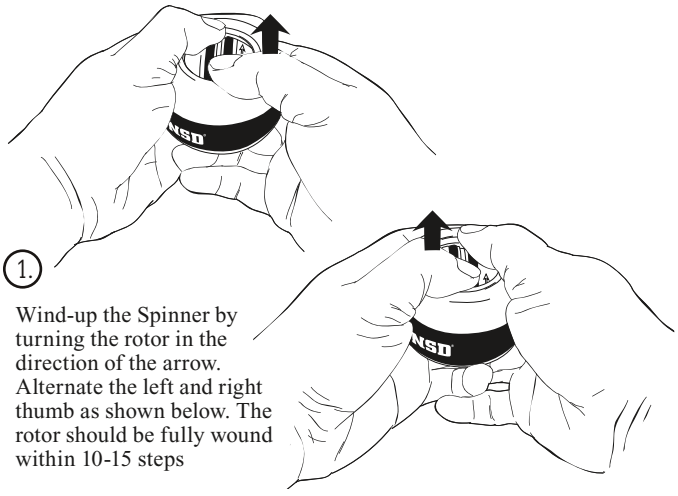
NSD® PB-188A/PB-188AC Gyroscopic Exerciser

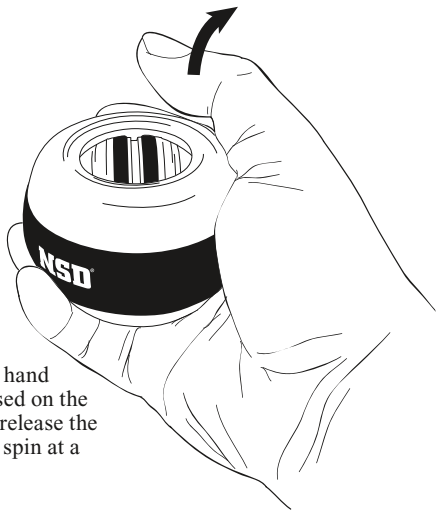


- Auto start With Internal Pre-Tensioner, Just Roll Back The Rotor In The Direction Of The Arrow, Then Release And Enjoy!
- Patented design with soft ergonomic grip
- Computer balanced inner rotor for VIBRATION FREE operation at up to 15,000 RPM
- Hard, impact resistant plastic shell that comes in black
- Small, compact exercise machine you can take ANYWHERE.



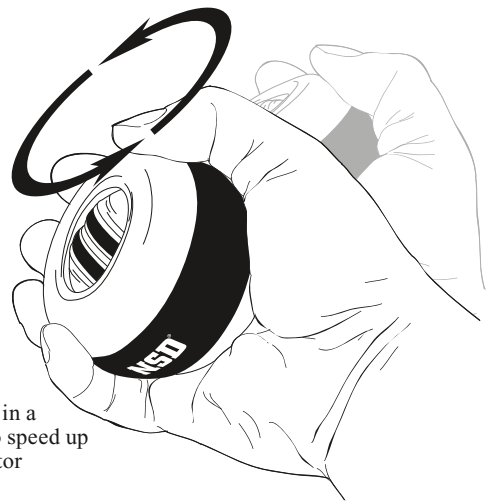
1.

Wind-up the Spinner by turning the rotor in the direction of the arrow. Alternate the left and right thumb as shown below. The rotor should be fully wound within 10-15 steps



2.

Hold the Spinner in one hand with thumb firmly pressed on the rotor. Release thumb to release the rotor. Rotor should now spin at a moderate speed



3.

Rotate your wrist in a circular motion to speed up the gyroscopic rotor

Below are a few tips to help you operate the exerciser:

- The faster the rotor spins, the easier it is to operate. Make sure you wind up the Spinner with sufficient tension
- Start your wrist rotation slowly, in a motion similar to opening that of a door knob
- When you've matched the rhythm of the rotor's gyration, you'll see the rotor orbit once around its track for every single rotation of your wrist
- Once the rotor is spinning up to speed, be sure to keep a tight grip on the ergonomic grip
- Do not drop the ball
- Please keep the interior of the sphere clean and away from liquid and grease
- DO NOT TOUCH THE INNER ROTOR WHEN OPERATING!

NanoSecond Technology

Taiwan Patent No.: 135058
U.S.A. Patent No.: 5800311
Germany Patent No.: 20201408.8
and other patents.

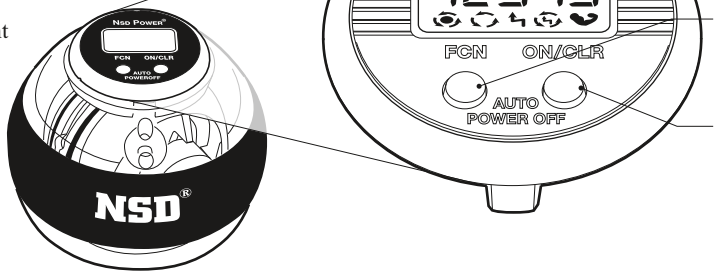
REACH
RoHS
Made in Taiwan

NSD Gyroscopic Hand, Wrist, and Forearm Exerciser

user manual
PB-188A
PB-188AC

NSD's exerciser equipped with Performance Digital LCD counter displays various vital workout information, including numbers of revolutions in multiples of 100s, current speed in RPM, top speed in RPM, and a physical strength index that counts the total number of revolutions in 3 different intervals.

It is a fun way to keep track of your workout, or challenge yourself and your friends to a game of who can spin the gyroscope the fastest.

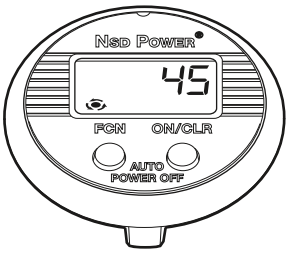


Digital LCD Display:
- current total revolutions
- speed in RPM
- historical top speed in RPM
- NEW historical top speed
- physical strength index

Function Button:
- cycles through the different functions of the digital display

On/Clear Button:
- press to turn on the digital display
- press again to reset the function displayed, or cycle through options

Revolutions Counter



The revolutions counter displays total number of revs in multiples of 100s. For example, when the display shows "45," it means a total of 4,5XX revolutions has been counted so far.

Press the "FCN" button to cycle through the display until the above symbol appears, then press the "ON/CLR" button to reset the counter.

Please note, when speed reaches in excess of 18,000 RPM, the revolution counter will stop counting.

Speed Counter

The speed counter displays current speed of the rotor in Revolutions Per Minute, or RPM. For example, when the display shows "12345", it means the current speed of the spinning rotor is 12,345 RPM.

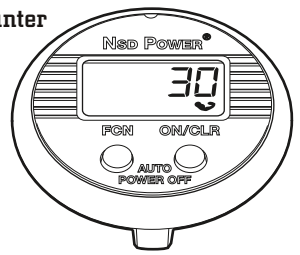
Press the "FCN" button to cycle through the display until the above symbol appears.

Top Speed Counter

The top speed counter displays the historical highest speed achieved in RPM. For example, when the display shows "12345," it means the highest speed so far is 12,345 RPM. When the display shows a flashing "" with a flashing score, it means a NEW top speed has been achieved.

Press the "FCN" button to cycle through the display until the above symbol appears. Press the "ON/CLR" button once to clear the top speed for current session (), press the "ON/CLR" button again to reset the historical top speed counter.

Physical Strenth Index Counter



The physical strength index counter displays the numbers of revolutions within a 30, 60, or 90 seconds interval. For example, when the display shows "30,", it will start counting down from 30 seconds and total the number of revs within that time interval, then at the end of the 30 second interval the number of revolutions will display.

Press the "FCN" button to cycle through the display until the above symbol appears. Press the "ON/CLR" button while the rotor is stationary to cycle through the 3 different intervals, between 30 seconds, 60 seconds, and 90 seconds. Start the rotor of the gyroscope and the countdown will begin as the symbol flashes. Press "ON/CLR" again to reset the counter.

NSD Patents

NanoSecond Technology owns multiple patents in countries as listed. We will aggressively pursue and protect our intellectual property rights.

Australia	China	France	Germany
No. 2004100675	No. 02253289.7	No. 2873301	Nr.20215476.9
No. 2008100053	No. 02285307.3	No. 2897271	Nr.20212121.6
No. 2007100698	No. 200520027599.4	No. 2909890	Nr.202005017793.8
No. 2005100371	No. 3258043.6	No. 2897270	Nr.20311474.4
No. 2006100976	No. 200320112335.X	No. 2912924	Nr.20320189.2
No. 2007100698	No. 200520130995.X	No. 2904230	Nr.202006014737.3
	No. 200320112334.5		Nr.20319784.4
	No. 200320112356.1		Nr.202004017469.3
	No. 200620027443.0		Nr.202007010179.1
	No. 02233006.2		Nr.20201408.8
	No. 200420029473.6		Nr.202004016651.8

Japan	Netherlands	Russia	Taiwan	USA
No.3146882	No.1027458	No.71795	No. 135058	No.7,033,304
No.3118250	No.1030116	**South Africa**	No. M 240246	No.7,101,315
No.3127440	No.1033500	No.2007/06366	No. M 289072	No.7,318,790
No.3106852	No.1026674		No. 143917	No.7,086,990
No.3127943	No.1033359		No. M 240250	No.7,452,307
Korea	No.1033367		No. M 294341	No.7,381,115
No.373474	No.1030115		No. 192202	No.6,623,405
No.405233			No. M 240251	No.7,077,786
No.433558			No. M 308777	No.5,800,311
			No. 210444	No.6,942,601
			No. M 242242	
			No. M 350393	
			No. M 244112	
			No. M 259618	

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